

Dear Members of Labor and Public Employees Committee of the Connecticut General Assembly:

My name is Amanda Jamilah Carrington and I live in Hartford, Connecticut. I support Senate Bill No. 1178: *An Act Expanding Connecticut Paid Sick Days*.

I am a young woman of color who has chosen the route of service via working with sexual assault survivors. I do important work that I find fulfilling. I love what I do. I am also a chronically ill person who lives with neurofibromatosis. I am basically in chronic pain. It is genetic. I did not choose this. I could not choose this.

I want to be believed when I say: I want to be able to go to work every day and show up for victims and survivors of sexual violence, but I am also in chronic pain and some days I can't.

We often think that people who already have access to paid sick days are content with what they are offered and therefore have no stake in an expansion of paid sick days. I disagree. As a chronically ill person, I need access to the paid sick hours I am accruing as soon as I am hired.

I want to be believed when I say: I want to be able to go to work every day and show up for victims and survivors of sexual violence, and I am also in chronic pain and my clothes hurt me, and getting out of bed hurts so I can't.

You may confuse my story with someone who only needs Paid Family Medical Leave, short-term disability, or long-term disability. You are mistaken. I want to show up to my job every day and serve victims and survivors of sexual violence and I can, but at times I need to be able to take a day off. It doesn't happen so often that it interferes with my life nowadays, but it does interfere with my life when it does. I need to be able to address this chronic pain safely with paid sick days that give me access to 80 hours, allow me to accrue faster, and get rid of a waiting period as I am a chronically ill person with a genetic disease that will eventually progress, and allows for others to claim me as a family. When I am able to be included as a family member in those who care for me, I can have care coordinated for me from friends and relatives who are all part of my family as understood by many people of color.

Thank you Governor Lamont for recognizing that we need to update our paid sick legislation please hear us when we say that we all want to work and we all need Paid Sick Days as highlighted in this bill.

We need access to short-term paid leave or what we call paid sick leave/days because so many of us are so excited to show up and do the work that we love and some days we just can't. We are asking that you believe us and value what we contribute enough to give us paid sick days now.

Thank you for your time,
Amanda Jamilah Hartford, CT